

# VT SCM Morava - 6.-12.2.2010 ,Nymburk

družstvo trenera Zavadila

## Sobota - 6.2. bazen 10-12

4x800 PZ 1000 Rp 10x100v1.30K,v 1.40P 200v,16x50v50-60Z,P,K,200v C - 6.7 km

## bazen 16-18

400K,600Rp,16x50NploutveD,K,v50",200v6x400Kv 6' /2xpacky/,100v,  
6x200Z,Pzve 3.30/2xpacky/,100v,6x100ve 2'styl/2xpacky/,200v c - 6.6 km

## Neděle - 7.2. bazen 6-8

1600PZ,400Rp,400ploutve,400tahačky,400obíhačky,400/25+25v/,10x100Rp  
v 1.30,200v,2x/50-100-200-400-200-100-50/1.serie N,2.serie ploutve c-7.0 km

## bazen 16-18

1000 rozpl.,100PZ,100P2+1,200PZ,100Z,400PZploutve,100P2+1,400Rp,100P  
na 4tempa na 25m,100/25pod vodou+25v/,100PZ,800/50čas+50v,100v,  
400tahačky 400ploutve vlně e vlnění 100v c-4.5 km

## Pondělí - 8.2. bazen 8-10

800rozpl.,200PZ,400Rp,600ploutve,30x50/10xPZ v 1'-10xv 50"Rp-10xv1'Pp  
200v,5x100Nve 2.10,100v,5x100PRp ve 2',100v,20'K,KRp c-6.4 km

## bazen 14-16

600/100K+100PZ/,3000Kp/300K+200PZ/,300N/25PN+25N+25KN/,10'P/650m  
200Z,10'P/650m/,100v,10'P/700m/,2x/25max.+25v/,300K/3-5-7době á 100m c-6.6 km

## Úterý - 9.2. bazen 8-10

400K,200PZ,8x/75max.+25v/,4x100Nve2.10,4x50Nv 1',100v,4x100PRve 2',  
4x50Rpv 1',100v,4x100styl ve 2',4x50styl v 1 min.,100v,15x100Rp v 1.45  
200v,400 tahačky,5x200Z,PZ,K ve 3.30,200v c- 6.8

## bazen 16-18

400K,10x/25+25v/,200P 2+1,3x400PZploutve,PN,Rp,100Z,200ploutve,  
2x1500Rp,K ploutve lt 200v,50čas+50v,100čas+100v,200čas+200v,100čas  
.+50v, c- 7.0 km

## Středa - 10.2. bazen 6-8

400K,6x100PZ v 1.50,400Rp,400ploutve,200PZ,200Z,400K5dob.,1000ploutve  
4x50 styl ve 2',10x/25pod vodou+25v/800Rp,200P2+1, 400obíhačky,200v c- 6.4 km

## bazen 16-18

Volné vyplavání c - 3.0 km

**Čtvrtek - 11.2. bazen 8-10**

5x/200K+100PZ+100Z/2x packy,5x/8x50 v 50-60"/ lt 200m-Pv60",Kv 50"

400technika+AKVA.,10x50N v 1.10,200v,800Rp,200v

c - 7.1 km

**bazen 14-16**

800rozpl.,10x100 v 1.30 K5x/5x v 1.45P,PZ,200v,4x100N ve 2.15,200v,

8x100 styl ve 2.30,200v,10x50K v 50"/PZ v 60"/2x v 1.45P,200v,8x/25max+

25v/,400Rp,200P2+1,500/50ploutve vlnění+50Z/,400tahačky,200v

c - 6.4 km

**Pátek - 12.2. bazen 8-10**

400K,10x50 v 50",400N ploutve,8x50N v 1.10,800Rp,4x50styl v 1.15,100v,

10x100 N,R,S ve 2',100v,1000ploutve/25max.+25v/,1000 každá 3stovka max.

200v,400 technická cvičení.

c - 6.5 km

Kondiční příprava: So-trenažery/Ne-tělocvična/Út-trenažery,tělocvična/St-trenažery/

Čt-tělocvična/Pá-0

**Celkem naplaváno**

**81.0 km**



